

C	O	P	E	!
Punch a punching bag	Take a hot shower or relaxing bath	Call a friend	Watch a fish	Take deep breaths
Talk to staff	Take a walk	Sing	Pet your cat or dog	Clean
Sort photographs	Do a puzzle	FREE	Cover yourself with band-aids where you want to cut	Paint your nails
Yoga	Clean	Bake	Write a list of compliments about someone	Let yourself cry
Write a letter	Draw	Write positive affirmations	Go for a drive	Meditate

This bingo card was created randomly from a total of 30 events.

Bake, Call a friend, Clean, Clean, Cook a meal, Cover yourself with band-aids where you want to cut, Do a puzzle, Draw, Go for a drive, Let yourself cry, Listen to music, Meditate, Paint your nails, Pet your cat or dog, Punch a punching bag, Rip paper into pieces, Run, Sing, Sort photographs, Stretch, Take a hot shower or relaxing bath, Take a walk, Take deep breaths, Talk to staff, Watch a fish, Write a letter, Write a list of compliments about someone, Write positive affirmations, Write yourself "I love you because" letter, Yoga.